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# EVENTS OF THE DAY

IN CHARGE OF

GARNET ISABEL PELTON

August 1 begins the fourth year of the Great War and August 6, the fourth month since the entrance of the United States into the world conflict. Our declaration of war with Germany and the Russian revolution, occurring within three weeks of each other, were the two momentous events of the third year of the war, two of the most significant changes in the history of the twentieth century.

OUR WAR ACTIVITIES. The first, almost instant, help we gave our Allies was money, which we are continuing to lend them.

On May 4, our first contribution of military power, a flotilla of American torpedo-boat destroyers under Admiral Sims, arrived in England to help in the destruction of German submarines. That this squadron has been of real service is indicated by the fact that the submarine toll reached its high-water mark in April and showed a reduction after the American vessels reached the scene of operations.

Our War Department, on May 7, announced that orders had been given for the forming of nine regiments of army engineers, which were to be sent to France as quickly as possible for railroad work along the lines of military communication.

In May, also, the Red Cross Base Hospital No. 4, of Cleveland, Ohio, fully organized and equipped, arrived in England on its way to France. Since then, several others have left for the same destination.

June was signalized by: (1) the registration on June 5, of about 10,000,000 men of fighting age, in accordance with the terms of the recent Army Draft Bill; (2) the oversubscription of about \$800,000,000 to the \$2,000,000,000 Liberty Loan; (3) the oversubscription of \$14,000,000, to the \$100,000,000 campaign fund for the Red Cross; and (4) the arrival in France of General Pershing and contingents of his division, our first troops for the battle-front.

CONGRESS. Congress, having quickly supplied the country with money to begin the war and with men for an army, has lagged in food measures, although on the production and control of food in this country may hang the fate of the war, since we must feed our Allies as well as ourselves. The Espionage Bill, however, has given the President power to proclaim an embargo on exports in order to insure food first for this country, then for the Allies, and then for the neutral nations,

if possible, provided none filters through them to Germany, except dairy products for the women and children. The Food Production Bill among other things attacks hoarding food to raise prices, and the Food Control Bill prohibits the use of foodstuffs for the manufacture of distilled liquors and directs the President to commandeer all distilled spirits now in bond. Mr. Hoover, who will become food administrator on the passage of these bills, is ready to act instantly and has already appealed to the women of the nation to help in the economy of food.

**WAR MISSIONS.** The English and French War Missions, which came over in April, have been followed by one from Italy, headed by the Prince of Udine, cousin of the King; by a Belgian Mission; and by one from Russia. All these missions have come to bring greetings, to express the gratification of their governments at our entrance into the war, and to discuss ways and means for securing the most effective coöperation of the United States. They have all been received by the President, the Senate, and the House of Representatives; they have visited the tomb of Washington; journeyed to various parts of the country; and have been received everywhere with overwhelming enthusiasm. Almost simultaneously with the visit of the Russian War Mission to this country was that of our commission to Russia, headed by Elihu Root, a most experienced and scholarly statesman.

**RUSSIA.** Russia, blinded by sudden liberty after centuries of darkest oppression, was on the verge of chaos, through the extreme radicalism and inexperience of the Council of Workmen's and Soldiers' Delegates, a body powerful in numbers but not representative of the majority of the Russians. The Provisional Government, made up of men of the best training and the noblest minds in Russia, aided by stern advice from the Allies, has at last prevailed. Russia is now pledged to continue the war to the end with her Allies and has eagerly begun an offensive on the eastern front.

**CHINA.** In China there has been a revolution of the northern provinces under the leadership of the military governor, General Chang Hsun, who forced the dissolution of parliament, made President Li Yuan a virtual prisoner, set up a provisional government, and restored the Manchu dynasty by putting the boy emperor, Hsuan Tung, back on the throne. After a week the republic seems to have once more regained power. The pretext of the revolutionists was to compel China to enter the war.

**GREECE.** Constantine of Greece has been forced by the Allies to abdicate in favor of his second son, Alexander, who is supposedly pro-ally. The king is strongly pro-German; his wife is a sister of the

**Kaiser.** At the beginning of the war, Constantine refused to help Serbia, which by treaty he was bound to do. Bound also by treaty to let any ally of Serbia send troops through Greece, he has been continually treacherous to the Allies. Venizelos, head of the pro-ally party, is again Premier.

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#### ADVICE FOR "CRAMPS"

How often is the trained nurse perplexed by having a timid, modest woman come to her for a remedy for cramps accompanying the menstrual period, either for herself or some member of her family, explaining that she "hates to go to the doctor with just the cramps." Of course it is always the nurse's duty to explain that "just the cramps" may indicate trouble which can be cured by the early attendance of a physician and a great deal of more serious trouble be thus avoided later. Many women suffer greatly at this time for no apparent reason; it is this class which most frequently comes to the nurse for advice.

It is never safe at any time to suggest the use of viburnum or other drugs of that kind without the doctor's advice, even though one thinks they might help; for even a non-opiate drug habit is very easily formed and very hard to break.

Have the patient take hot ginger tea with a little cream, and then sit over a pail of steaming water. This is a harmless remedy which our grandmothers used and which I have found gives quick relief. Or, place the patient in bed, and tightly bind the hips with a bath-towel wrung out of very hot water. Then cover with a blanket kept warm with a hot water bottle. When the towel is cold, re-heat. Be sure to have the towel pinned very tight, for the pressure seems to help quite as much as the heat and resting on the back. Care must be taken that the patient does not get cooled off too quickly and take cold afterwards. One hour of this treatment is most effective for ordinary cramps caused by congestion.